THE Beginners Guide TO Counselling AND Psychotherapy Notes

Core Therapeutic Skills (Manchester Metropolitan University)

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THE BEGINNERS GUIDE TO COUNSELLING AND PSYCHOTHERAPY NOTES

CHAPTER 1

COUNSELLING

Counselling skills –

- Active listening → concentrating fully on what the other person is expressing without involving your own prejudices
- Discipline of responding → non judgemental and purposeful responses – one way character without your own anecdotes
- Confidentiality
- Understanding → counsellors strive to understand with accuracy – often repeating statements of the client to clarify and understand the meanings
- Goals → counselling skills usually have an end goal – e.g. decision making, understanding and releasing emotions, offering different viewpoints or making strategies for desired changes

Counselling can help within – depression, anxiety, stress, bereavement, relationship issues, traumas, life crises, addictions, loss etc.

CARL ROGERS – CLIENT CENTERED APPROACH

PSYCHOTHERAPY

Psychotherapy – referred to as the less intense form of psychoanalysis

Client centred and person centred approach used for both counselling and psychotherapy

Psychotherapy = long term, counselling = short term

PSYCHOTHERAPY DIFFERENCES TO COUNSELLING

- ➔ Therapists get therapy
- ➔ Psychotherapy addresses the underlying personality and behaviour issues rather than focussing just on the symptoms they present
- ➔ More involved in the medical field – psychopathology/ childhood trauma
- ➔ Requires more of a time commitment to make a substantial difference

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PSYCHODYNAMIC AND PSYCHOANALYTIC APPROACHES

ADLERIAN APPROACH

- Alfred Adler – colleague of Freud
- Launched individual psychology in 1912
- Stressed the importance of a holistic view rather than Freud's psychosexual stages
- Incorporated social and educational dimensions
- Examined familial and sibling relationships
- Criticised for being similar to common sense
- Claimed to be influential in developing CBT

FREUDIAN APPROACH

- Sigmund freud
- View of a complex unconscious system made up of innate drives and early developmental vulnerabilities
- ID EGO AND SUPEREGO
- Defence mechanisms, dreams importance
- Importance of working through transference material
- There is no current truly Freudian therapy – other variants have been incorporated and bettered Freudian theory.

JUNGIAN APPROACH

- Carl Jung
- Analytical psychology
- Disagreed with freud's stress on childhood
- Focussed on adulthood and old age and complex psyches
- Introduced many non Freudian techniques
- Considered a transpersonal (spiritually oriented) approach

KLEINIAN APPROACH

- Melanie Klein – 1920's – 30s
- Interested in infant observation and influences of early relationships
- Formulating developmental stages and vulnerable early relationships with primary caregivers → child psychotherapy
- Replay of powerful, damaged early states as unconsciously driven reactions towards the therapist

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COGNITIVE BEHAVIOURAL APPROACHES

ACCEPTANCE AND COMMITMENT THERAPY (ACT)

- Steven C. Hayes in 1980s
- Informed by relational frame theory
- Theory of language and cognition
- ACT = contextual cbt – alters the psychological context of a clients internal experience
- Mindful to cause less distress
- Defusion techniques – client repeats painful phrases and words until they become sounds and do not make them feel overwhelmed or distressed and not attached to any negative memories

BEHAVIOUR THERAPY

- We learn unhelpful behaviours and reinforce these throughout stress in our lives
- Behaviour therapists identify precise situational factors associated with problem behaviours
- Teach coping mechanisms, standardised desensitisation, response preservation and social skills
- Successful with phobias and obsessive compulsive disorders

CBT

- Aaron beck – 1950s
- Applied cbt to depression
- Helps clients to understand their cognition and thinking and how it affects their behaviour and mood
- Effective with a wide range of disorders

COMPASSION FOCUSSED THERAPY

- Paul gilbert
- Informed by evolutionary, neuroscience, social, buddhist and developmental psychology
- Multimodal – socratic questioning, behavioural experiments, guided imagery, mindfulness etc

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- Clients with complex mental health issues – cbt didn't help them understand themselves
- Clients developed their inner voice but some had difficulty

DIALECTICAL BEHAVIOUR THERAPY

- Mindfulness based cognitive behavioural therapies
- Delivered by a team rather than individuals
- **Marsha linehan 1980s**
- Mindfulness introduced to focus on acceptance
- Therapist must acknowledge the dialectical tension between acceptance and change positions

HYPNOTHERAPY

- Adaptable to use with other approaches like cbt and rebt
- Often successful in pain control and habit disorders
- Rapid results for some clients
- Used with a cognitive behavioural framework

RADICAL EMOTIVE BEHAVIOURAL THERAPY (REBT)

- Albert Ellis 1950s
- Active directive approach
- Believes we get upset by irrational thoughts we have about ourselves and life rather than actual life events
- Overcome situational problems with REBT

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HUMANISTIC – EXISTENTIAL APPROACHES

EXISTENTIAL THERAPY

- Regards analytic approaches as insufficient
- Drew inspiration from philosophers
- Argue that human condition confront us all with the challenged of life and death, freedom, meaning, values, choice and commitment
- Guides clients to identify their own responsibility for life values and choices

GESTALT THERAPY

- Fritz perls
- Looking at all aspects of being and behaviour
- More emphasis on non verbal and body language
- Influenced by zen Buddhism, existentialism and psychodrama
- Uses chair woel and not a confrontational approach

PERSON CENTRED THERAPY

- Carl rogers
- Unconditional positive regard, empathy and congruence = key to successful personal growth
- Positive self actualisation
- Informed training in uk and Europe

PRIMAL INTEGRATION

- Feelings based therapy
- Uncovers and expresses deep feelings that are often supressed
- May relate to painful birth, childhood issues, abuse, deprivation or other psychological and bodily changes

PSYCHOSYNTHESIS

- Roberto Assagiolo
- Drew on religious traditions, yoga, humanistic psychology, mental imagery, inner dialogue
- Transpersonal approach to resolve personal problems and result in questioning the purpose of life, subconscious, higher self and collective consciousness

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TRANSACTIONAL ANALYSIS

- Eric Berne
- Personality can be manifested in three distinctive patterns of thinking, feeling and behaviours
- Ego states
- Adult ego state – person lives in the present
- Parent – copying parental figures
- Child – replaying childhood
- People helped to discover why they move through states and can use this to move out of dysfunctional patterns

INTEGRATIVE AND ECLETECTIC APPROACHES

COGNITIVE ANALYTIC THERAPY

- CAT – Integrative approach of psychoanalytic therapy, personal construct psychology and cognitive and behavioural approaches
- Anthony ryle
- Short term treatment for a wide variety of problems
- Eds, BPD and suicide
- Diagrams and paperwork exercises used

INTERPERSONAL PSYCHOTHERAPY

- IPT
- Manulaised time limited therapy
- Depression treatment originally
- Understand the nature of depression and identify social and interpersonal factors such as relationships with others which cause issues
- Now applied to a range of problems and sometimes delivered over the phone

LIFE SKILLS COUNSELLING

- Richard nelson jones
- Psychoeducational approach – identifying and coaching people in the acquisition, refinement and maintenance of skills they need to learn to overcome problems

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- Problem areas broken down and addressed individually

MULTIMODAL THERAPY

- Arnold Lazarus
- Behaviour, affect, sensation, imagery, cognition, interpersonal, drugs/ biological and lifestyle factors (BASIC ID) = primary modalities in functioning and correcting problems
- Techniues used from other approaches that will be helpful
- Sometimes viewed as a cognitive behavioural approach

PLURALISTIC COUNSELLING AND PSYCHOTHERAPY

- Mike cooper
- Provides a framework for counselling and psychotherapy
- Useful features of other models
- Finds out what works best for the client

CONSTRUCTIVIST APPROACHES TO COUNSELLING AND PSYCHOTHERAPY

- Study and theory of knowledge
- Active engagement of client in constructing their own reality
- Explores internal constructions fo reality of the clients rather than reality
- Storytelling as a technique

NARRATIVE THERAPY

- Jerome Bruner
- Storytelling important for communication and understanding their experiences
- Used in families, individuals and couples
- Used in coaching

NEUROLINGUISTIC PROGRAMMING

- John grinder
- NLP draws on gestalt, hypnotherapy, cybernetic and other techniques
- Reprogram minds with reframing, visualisation, recreating inner dialogue and self defeating beliefs
- Rapid cure of phobias

PERSONAL CONSTRUCT COUNSELLING AND PSYCHOTHERAPY

- George Kelly

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- Theory of personality and therapy
- Constructive alternativism
- Construe experiences in polar opposites usually and become stuck
- Complex approach
- Influential in narriative constructivist approaches and cognitive analytic therapy

SOLUTION FOCUSED THERAPY

- Brief therapy
- Steve de shazzer
- Clients visualise themselves creating solutions rather than focusing on their problems
- Question their own tendency to psychopathologise themselves

SUGGESTED READING

- Dryden, W. and Reeves, A. (eds) (2014) The Handbook of Individual Therapy, 6th edn. London: Sage. This handbook covers a wide range of different approaches in depth and includes historical context and development, theoretical assumptions, and also strengths and limitations.
- Feltham, C. and Horton, I. (eds) (2012) The Sage Handbook of Counselling and Psychotherapy, 3rd edn. London: Sage. This is a definitive handbook on the theory, research, skills and practice of counselling and psychotherapy.
- McLeod, J. (2013) An Introduction to Research in Counselling and Psychotherapy. London: Sage. This book introduces the basic principles of research theory and practice. When learning about different approaches to counselling and psychotherapy it is also useful to consider the issues relating to research.
- Nelson-Jones, R. (2013) Introduction to Counselling Skills: Text and Activities, 4th edn. London: Sage. This book provides an easy-to-follow three-stage model and covers counselling skills, putting skills into practice, working effectively with diversity, ethical issues and dilemmas.
- Palmer, S. and Woolfe, R. (2000) Integrative and Eclectic Counselling and Psychotherapy. London: Sage. Following an exploration of the origins of integrative and eclectic processes, 10 integrative and eclectic approaches are explained in depth. This is one of the last textbooks to focus solely on integrative and eclectic therapeutic practice.

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